

WOMEN, INFANTS & CHILDREN (WIC)

What WIC Provides

- ✓ Supplemental nutritious authorized WIC foods
- ✓ Nutrition counseling and education
- ✓ Breastfeeding information and help
- ✓ Checks for infant formula, if not breastfeeding
- ✓ Health Care referrals
- ✓ Voter registration
- ✓ Women and Children receive free nutritious food.

Non-breastfeeding mothers will receive iron-fortified formula until the infant turns 1 year old. Exclusive breastfed infants will receive jars of baby fruits and vegetables and baby meats at age 6 months.

WIC also provides a monthly Cash Value Voucher (CVV), which allows fresh, canned and frozen fruits and vegetables. Women receive \$11 per month and children receive \$9 monthly.

WIC participants redeem their WIC checks and CVV at authorized vendors throughout the State of New Jersey.